



Health Matters

by

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Natural Foods Market

Frequently we get asked by customers about how to maintain energy, focus and a healthy immune system. With the upcoming holiday and its related stressors, everyone wants to stay well and have energy to focus on enjoying friends and family. We suggest **CoQ10**, a nutrient that acts as a catalyst or “spark plug” in the ATP process or production of energy in virtually every cell. Well researched for its ability to boost cellular energy and provide powerful antioxidant protection, **CoQ10** optimizes functioning of our hearts, brains and immune systems. After age 40, our natural levels of **CoQ10** diminish and further loss is linked with stress, illness and medications such as statin drugs and beta blockers. **CoQ10** can make a big difference in how you feel, focus and function. In a tasty chewable tablet, **CoQ10** can be easily added to your diet, especially for those with difficulty swallowing pills. As always, we guarantee your satisfaction.

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